

ABSTRACT OF THE INVENTION

The present invention relates to a method for transmitting data. An optical pulse stream comprising a plurality of return-to-zero optical pulses is prepared by modulating a phase of light output by an optical source to thereby encode data from a data source. The light of the optical pulse stream has a wavelength. The optical pulse stream is transmitted along an optical fiber of an optical network. Optical pulse streams of the invention enhance transmission performance at least in part by reducing noise at the receiver caused by fiber non-linearities.

10